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Victory food special

U.S. Department of Agriculture Agricultural Marketing Administration

Commodity FRESH TOMATOES

Marketing area . . . EAST OF MISSISSIPPI RIVER and
NORTH OF OHIO and POTOMAC RIVERS

Time . . . L I B R A U G U S T 2 4 through SEPTEMBER 5

RECEIVED

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WASHINGTON, D. C.

Fresh tomatoes will be featured as a Victory Food Special in the States east of the Mississippi River and north of the Ohio and Potomac Rivers during the period August 24 through September 5 to encourage full use of this highly perishable food.

This year's plantings of tomatoes for summer and fall harvest is at an all-time high record. Sharpest increase is in the production of tomatoes for canning to meet wartime requirements. Also greatly expanded is the acreage of tomatoes for marketing in fresh form, as well as plantings in "Victory Gardens." With continued favorable growing conditions, good yields are expected.

The designation of fresh tomatoes as a Victory Food Special was made by Roy F. Hendrickson, Administrator of the Agricultural Marketing Administration. State Agricultural Extension Services will give special emphasis to home canning of tomatoes where this is practical and where facilities and equipment for processing are available.

The best time for canning tomatoes varies with each State. Therefore, consumers should follow the recommendations of their State agricultural agencies. Most economical way to buy tomatoes for home canning is to get them in quantities of a half bushel or more, as sold on most farmers' or wholesale markets. The wise homemaker will get her supply for processing during the peak of local harvesting--when native tomatoes are most abundant and seasonally lowest in price.

During the August 24-September 5 period retailers and other merchants will promote the sale of fresh tomatoes through store advertising and display material designed to encourage consumers to make widespread use of them in cooking and in salads.

When tomatoes are at their ripe and juicy best, serve them as often as possible raw. On a hot day there's nothing more refreshing than cold sliced tomatoes with a sprinkling of salt. This simplest of salads gives your body two things that help it withstand the heat--Vitamin C and salt.

When it comes to cooking, tomatoes are one of the most versatile of all vegetables. Stewed--fried--baked--broiled--or combined with meat, eggs, cheese, macaroni, rice, and many vegetables, they make taste-tempting dishes for any meal of the day. Here are some tomato recipes from the Bureau of Home Economics:

OUR FARMERS are on an all-out war basis. They are producing more food than they ever grew before. Now and then, due to super-abundant harvests, exceptional weather, or wartime bottlenecks, unusually large supplies of some foods become available. They must move to market promptly or be wasted. These are VICTORY FOOD SPECIALS. The more Victory Food Specials are consumed, the less will be the pressure on foods needed for the war. Food merchants are cooperating with the Agricultural Marketing Administration by featuring these Specials in their stores. You can help to prevent the waste of good food and to stretch consumers' food money by giving this news wide distribution.

Fried Tomatoes--Takes 6 or 8 firm ripe or green tomatoes, 1 egg, 1 tablespoon cold water, finely sifted bread crumbs, salt and pepper, 1 tablespoon chopped parsley if desired. Wash the tomatoes, remove a thin piece from the stem end and cut the tomatoes into slices about one-half inch thick. Beat the egg slightly, add water, dip the tomatoes in this, and roll in the bread-crums which have been seasoned to taste with salt and pepper. Allow the coated tomatoes to dry out somewhat before frying. Heat fat in a heavy skillet, place the coated tomatoes in the hot fat, brown on one side, then turn carefully and lower the heat under the pan so the tomatoes can cook before they brown. Serve at once.

Baked Eggs in Tomato Cups--Scoop out the centers of large, firm, ripe tomatoes. Sprinkle the tomato cups lightly on the inside with salt and dot with butter. Break an egg into each tomato, sprinkle with salt, pepper, and fine dry bread crumbs. Dot with butter or other fat. Bake in a moderate oven until the tomato skins are slightly wrinkled.

Scrambled Eggs with Tomatoes--Take 8 eggs, 2 cups tomato pulp, 2 tablespoons fat, salt and pepper. Drain the juice off cooked tomatoes and save for some other use. Cook the pulp that's left after draining about 10 minutes--until it is somewhat dry, in the fat in a skillet. Or if you'd rather not cook the tomatoes, add a slice of bread crumbled up to absorb the juice. Add the eggs. Stir constantly and cook over low heat until the eggs are set. Season with salt and pepper to taste and serve at once.

Stewed Tomatoes and Onions--Combine sliced onions with cooked tomatoes for stewing or scalloping. Thicken with a little flour or stale bread toasted and broken into small pieces.

Tomato Sauce--Cook a sliced onion in 2 tablespoons of fat until the onion turns light yellow. Blend in 2 tablespoons of flour and brown slightly. Stir in 2 cups of cooked tomatoes. Season and cook until thickened. If

desired, add green or red sweet peppers chopped fine. This sauce is especially good served over omelet, boiled rice, potatoes, or macaroni.

Canning Tomatoes--Tomatoes are easier to can at home than most vegetables. Like fruits, tomatoes are acid and juicy. Therefore, like fruits, processing tomatoes in a boiling water bath will kill trouble-making bacteria that might cause spoilage. In this way tomatoes are different from corn, beans, peas, and other non-acid vegetables, which have to be processed under steam pressure to make them keep.

Ideal for canning are firm, ripe tomatoes, medium in size, and free from decay. Pack them hot in containers. This pre-cooking shrinks the tomatoes, makes them easier to pack, and speeds up the processing.

Skin the tomatoes first. An easy way to do this is to put them in a tray or wire basket, dip into boiling water for about a minute, then plunge it into cold water. Drain and core the tomatoes immediately. Cut the tomatoes in quarters, heat them just to boiling, and pack hot adding 1 teaspoon of salt for every quart. Process in a boiling water-bath for 5 minutes

Canning Tomato Juice--In canning tomato juice, to save vitamins, speed the work along as rapidly as possible. At no stage let the tomatoes stand around any more than absolutely necessary. Work with only 1 or 2 gallons of juice at a time.

After washing and trimming the tomatoes, cut them into small pieces. Simmer the tomato pieces until they soften. Put the hot tomatoes at once through a fine sieve, to take out skins and seeds. Reheat the juice at once--just to boiling. Then pour it into hot sterilized jars, add 1/2 to 1 teaspoon of salt to a quart if desired. Seal immediately. The juice in glass jars will need no processing. Invert jars while they cool. Juice poured hot into tin cans and sealed immediately will need processing for 5 minutes in a boiling water bath.